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# **Section 5:**

# **LOOKING FORWARD**




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## Moving SC Towards a Healthy Weight

Obesity is a complex condition, influenced by behavioral, environmental, and biological factors. Improving the health of South Carolinians by preventing and controlling obesity and obesity-related chronic diseases will take a coordinated and cohesive effort.

A society and culture supportive of healthy behaviors designed to address every aspect of daily life is critical to impact obesity and improve health. Strategies and activities for obesity prevention and control can be initiated now, but a long-term commitment will be critical to effectively impact this public health epidemic.

This document is designed to be dynamic and flexible – a framework for action to move South Carolina towards a healthy weight. This framework represents a starting point from which to identify ways South Carolinians can work together and leverage resources and energy toward a shared vision for the state. SCCOPE will continue to evolve, welcome new partners, and revise initiatives to support the pursuit of a healthier South Carolina.



Progress towards the three milestones in this strategic framework is dependent upon stakeholders continuing to effectively work together at all levels to support this comprehensive, coordinated effort to Move South Carolina Towards A Healthy Weight: Promoting Healthy Lifestyles and Healthy Communities.

Change does not automatically flow from a plan or structure; it has to be driven by people who champion the cause.

(Macdougall, Wright, and Atkinson, 2002)

